



SAFETY ALERT

Cold Weather Physical Training


Sound Risk Management and Compliance With Standards Are Essential In Planning and Conducting Safe Physical Training (PT)!


Cold Weather Injuries are 100% preventable. First line leaders need to understand the dangers and take the necessary precautions in order to prevent a cold weather injury during physical training. The following general guidance for all Cold Weather Physical Training is provided by the Department of the Army, Office of the Surgeon General.

 Cold Weather Injury prevention is a command responsibility. Unit non-commissioned officers are responsible for the health and safety of their troops and must set the example in how to conduct PT in the cold. Soldiers are responsible for preventing individual cold injuries.

 PT can be conducted outside during inclement weather. However, leaders should consider conducting PT indoors when severe environmental conditions exist. PT should not be conducted outside under the following conditions:

- ✓ Extensive ice on roads, which can cause the potential risk for significant injury.
- ✓ Limited visibility due to extremely heavy rain or fog.

 PT at or below 0 °F ambient air temperature or 0 °F wind chill should be considered high-risk training. Unit commander must be advised to conduct risk assessment for training under these conditions. Guidance is provided in UR PAM 385-15 and UR PAM 350-7.

 Unit commanders should be advised of specific additions to the standard PT uniform (e.g., black stocking cap, gloves, balaclava, neck gaiters, etc.) based on the weather requirements.

✓ First-line leaders must carefully monitor individual uniform modifications in extreme weather.

✓ During cold weather the Army gray sweat suit or the new Physical Fitness Uniform (PFU) jacket and pants will be worn. Soldiers traveling to PT should be allowed extra clothing, such as the cold weather parka (Gortex jacket) as an outer garment.

✓ Minimum cold weather PT uniform guidance should correspond to the wind chill categories as below:

LITTLE DANGER	PFU, sweat top and bottom, black knit cap, black gloves with inserts, neck gaiter
INCREASING DANGER	PFU, sweat top and bottom, polypropylene top and bottom, balaclava, trigger finger mittens.
GREAT DANGER	Add ECW* Mittens, parka

COLD WEATHER RISK
PT UNIFORM GUIDANCE